

# The Basics of Herbal First Aid & Herbal Aftercare for Direct Actions

Margaretha Haughwout, 11/19/2016

# Wounds

- Anti-septics
- Astringents
- Anti-inflammatorys
- Analgesics
- Styptics
- Vulneraries
- Anti-microbials
- Nervines

# Wounds

- Deep, cutting wounds, bleeding
- Yarrow, *Achillea millefolium*
  - Analgesic
  - Diaphoretic
  - Bitter tonic (liver)
  - Vasodialator
  - Antiseptic
  - Astringent
  - Styptic
  - Topical use: Compress of yarrow tea or macerated fresh plant, yarrow infused in witch hazel or alcohol



# Wounds

- Wounds, bites stings, possible infection
- Plantain, *Plantago spp* or Mugwort, *Artemesia vulgaris*
  - Draws out toxins and other materials
  - Vulnerary, heals skin
  - Topical use: Compress of macerated fresh plant
- Clay, rose petals, ground ivy, wild geranium, calendula, comfrey, tobacco, chapparral



# Wounds

- Possible infection or sepsis:
  - High frequent dose of Echinacea - 1tsp every hour, 6 hours
  - Bee Balm (*Monarda fistulosa*)
  - Usnea
  - Thyme



# Head wounds

- Yarrow
- Wood Betony
- Lion's Mane



# Bruises

- Anti-inflammatories
- Vasotonics
- Anodyne
- Analgesic
- Nervines
- Circulatory stimulants



# Bruises

- Topical *Arnica montana*
  - Gel, liniment, cream, homeopathic dose
- Topical Gotu Kola, *Centella asiatica*
  - Nervine, tonic, vasotonic
  - Liniment
- *Angelica*, *Angelica archangelica*
  - Use if the bruise turns black
  - Liniment, tincture or decoction





# Sprains, broken bones

- Vasodilators
- Anti-inflammatory
- Vulnerary
- Cell proliferants
- Tonics
- Nervines
- Analgesics
- Adaptogens

# Sprains, broken bones

- ELDER BERRY (*Sambucus nigra*): Stephen Buhner:
  - Put one ounce of leaves, stem, bark, or root in 3 cups water, boil until reduced to one cup. Strain then consume. Do this daily for 14 days.
  - Can store decoction of leaves, stems and bark by stabilizing with 25% alcohol; can blend with tincture un-decocted stems half and half
- Homeopathic dose of *Symphytum officinale*
- Compress of *Symphytum officinale* (Comfrey)
- 
- Hawthorn oil repairs cartilage
- Rehmannia, Solomon's seal, Astragalus & Reishi
- Bone pain - Self heal

# Skin

- Rashes
  - Activated charcoal
  - Usnea (combine with lavender)
  - Queen of Hungary's Water
  - Plantain
  - Calendula



# Eyes

Antiinfective • Achillea • Berberis • Hydrastis

Antihistamine-type • Ambrosia • Euphrasia

Astringent • Quercus • Hamamelis

Demulcent and Soothing • Matricaria • Solidago •

Stellaria • Ulmus powder

Anti-inflammatory • Ambrosia • eyebright • purple  
loosestrife

- Compresses
- Washes
- Drops
- Do not use cups if pepper spray

# Pain

- Anti-spasmodics
- Nervines
- Analgesics
- Adaptogens

# Pain

- Anti-spasmodics
  - Wild yam, turmeric, Chamomile, Blue chamomile eo., Skullcap, Lobelia, wWite sage
- Nervines
  - St. Johns Wort (nerve pain, numbness),
  - Arnica, California poppy
- Analgesics
  - Jamaican dogwood, tobacco (topically),
  - Lobelia
  - Meadosweet, Willowbark
  - Cannabis





# Panic & Trauma

- Nervines
- Panic:: Pasque flower, Valerian, Lavender, Wild lettuce
- Adaptogens for trauma
- Lions mane, Reishi, schizandra
- 
- Helichrysum essential oil, Arnica homeopathic (200c), Wild oat



Pasque flower *Anemone patens* ::

1 drop, wait and watch for change

Add one drop at a time until you see a change don't exceed 5 drops



# First Aid

- Anti-septics
- Astringents
- Anti-inflammatories
- Analgesics
- Styptics
- Vulneraries
- Anti-microbials
- Nervines
- Lavender
- Usnea
- Blue Chamomile essential oil
- Pasque flower (LOW DOSE)
- Turmeric capsules or powder
- Activated charcoal
- Green tea, black tea
- Honey stick
- Licorice
- Frankincense powder
- Echinacea

# After care

## Exhaustion

- Blue Vervain, *Verbena hastata*
- Ginger, *Zinziber officinale*
- Combined decoction of astragalus, rehmannia, reishi, maitake, licorice, schizandra

## Adrenals

- Ginger, Licorice, Arnica (homeopathic)
- Wild Oat (*Avena sativa*)

## Melancholy

- Red Root, *Ceanothus* spp

# After care -- lungs

- Mullein *Verbascum thapsus*
- Pine *Pinus spp.*
- Reishi





# After care -- Sleep

## Falling asleep

- California poppy
- Valerian
- Blue vervain

## Staying asleep

- Ashwaganda
- Blue vervain
- Passionflower



# After care -- liver

Blue vervain leaves and flowers

Burdock root

Dandelion root

Yellow dock root

Mugwort leaves and flowers

Schizandra berries

Milk thistle seeds



Thank you!!!